



Critical Days of Summer



Overview



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The Naval Safety Center**





Statistics



- ★ The Critical Days of Summer include the 102 days from the start of the Memorial Day weekend through Labor Day. Historically, death rates are higher during this period than other times of the year.
- ★ In 2004, a total of 31 Sailors and 15 Marines died during the “CDS.”
- ★ In 2003, it was 32 Sailors and 26 Marines.



Selected 2004 Mishap Summaries



★ Sailor on motorcycle collided head-on with PMV. No helmet.

★ Marine left bar around 3AM and was hit by car while crossing street.



★ Two Sailors dirt biking in desert, died of exposure.

★ Marine lost control of PMV and was ejected. Not wearing seat belt.

★ Sailor died in fall from off-base building. Alcohol involved.



★ Marine drowned while swimming. Alcohol involved.



Lessons Learned



★ **Motorcyclists** – You may be good riders, but you're not the only one on the road. You're smaller and the "other guy" isn't looking out for you. Stay alert.



★ **Drivers** – Similar words seem to pop up in many fatal accidents; speed, alcohol, fatigue, and no seatbelt. Avoid those situations.



★ **Athletes** – Dehydration and heat-related illness are common themes. Make sure you drink plenty of fluids and protect yourself from the sun.



Safety Tips - Recreation



- ★ Drink plenty of water to avoid dehydration.
- ★ Know what the temperature is going to be and don't overdo it in the heat. Know your limits!
- ★ Get acclimated before attempting strenuous athletic regimens.
- ★ Wear sun screen and sun glasses.
- ★ Wear appropriate gear/padding.
- ★ Let someone know where you'll be and how long you'll be away. Better yet, go with someone.
- ★ Know the hazards of whatever activity you will be performing and try to minimize the risks.
- ★ Watch the weather for approaching storms.



Safety Tips – On The Road



- ★ Get plenty of sleep before a long trip.
- ★ Wear your seat belt and make sure all of your passengers are wearing theirs, too.
- ★ Perform a quick maintenance check of your vehicle before going on a long trip.
- ★ Don't speed. It's dangerous and is a waste of gas.
- ★ Have a plan. Know where you're going and how to get there to avoid last-second decisions on the road.
- ★ Don't drive under the influence of alcohol or drugs (including prescription and OTC medications)
- ★ Be courteous. Avoid antagonistic situations.
- ★ Avoid distractions such as phones, food and grooming.



Safety Tips – On The Water



- ★ If boating, wear a personal flotation device.
- ★ Use the “Buddy System”.
- ★ Look before you leap. Know how deep the water is and what is under the surface.
- ★ Drink plenty of water to avoid dehydration.
- ★ Know the conditions. Riptides, debris, and dangerous creatures may not be visible from the surface.
- ★ Check the weather forecast before setting out.



Myth Busters



★ Myth: If I use the “Buddy System” everything will be OK.



★ Busted: That’s a good start, but what if your buddy is reckless? Chances are, if you’re both just out looking for trouble, you’re going to find it. Choose a responsible buddy and watch each other’s back.





FAQs



★ Q: When are the Critical Days of Summer?

- A: They run from Memorial Day weekend through Labor Day weekend -- usually 101 or 102 days long.



★ Q: Why do more people die during the summer months than the rest of the year?

- A: Because summer is when we're all out there doing things: traveling, enjoying the warm weather, swimming.





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Safely!*



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